

# LEAD S&C COACH

Full Time Role | First Team and Academy

## CONTRACT

Full Time

## LOCATION

Ferrycarrig Park, Wexford

## COMMITMENT

All First Team and  
Academy Sessions

## ROLE OVERVIEW

### THE ROLE

Wexford FC are seeking a full time Lead Strength and Conditioning Coach to join the first team backroom staff and lead athletic development across the club. The successful candidate will lead physical development, training load and injury prevention for the first team squad, then oversee academy athletic development once first team sessions finish, building programmes that connect the pathway from academy through to first team.

## WHAT YOU WILL DO

### KEY RESPONSIBILITIES

- Design and deliver individualised and squad strength and conditioning programmes using RYPT
- Plan and periodise training loads across pre season and in season
- Monitor player workload, wellness and PlayerTek GPS data throughout the week
- Lead pre season and in season fitness testing and player profiling
- Work closely with the physiotherapy and medical team on injury prevention
- Design and oversee return to play and rehabilitation programmes for injured players
- Deliver gym based and pitch based conditioning sessions
- Report on training load and player readiness to the management team
- Oversee academy athletic development once first team sessions finish
- Build and implement athletic development programmes across the club, from academy through to first team